

CALORIE COUNTING MADE EASY



THE CARLAY COMPANY

Division of Campana Sales Company

BATAVIA, ILLINOIS

Price 25 cents

NO. 223-'56

IF

You would like to STOP or cut down on your SMOKING, you might want to try one of our other products called

Bantron

Brand Smoking Deterrent Tablets.

BANTRON was developed by scientists at a leading American University. Extensive clinical testing proved that **BANTRON** helped 4 out of 5 people stop smoking. **BANTRON** is an easy way to control or stop your smoking. Safe, pleasant to take. **BANTRON** is for sale at all leading drug stores. A 5-day supply is only \$1.00.

The Causes and Dangers of Obesity (Excess Fat)

Excess fat in the human body is accumulated through over-nutrition (over-eating) or improper functioning of the glands which control the bodily weight. If the overweight condition is caused by glandular disturbance, then we suggest that it be treated by a physician—just like any other disease. The use of the Ayds Vitamin Candy Reducing Plan is not recommended for such cases.

But years of experience with thousands of overweight people who have used the Ayds Reducing Plan, some of whom were examined regularly in a clinic under the supervision of competent medical doctors, convinces us that the far greater number of overweight people—doctors estimates vary from 95% to 98%—are victims of their own uncontrolled appetites and that their excess fat is the result of over-eating. It is to these thousands that the use of the Ayds Reducing Plan is recommended.

The human body is sometimes compared to a beautiful, smooth-running machine; one which is designed to operate for decades and often functions for a hundred years; a machine in which the tissues are gradually replaced from within as they wear out; a machine in which the motive power for operation and for reconstruction of tissues is supplied by our daily diet—FOOD.

In growing youth the building of new tissue, bone and sinew, permit—even demand—the eating of inordinate amounts of food without any resulting accumulation of excess fat. During early maturity, too, the restless activity of persons within those years likewise burns up the energy of consumed food and little or no surplus remains to be transformed into fat. In later years those who spend their days in *hard, active, manual labor* can usually indulge their appetites without risking undue accumulation of fat over their toil-hardened structure of bone and muscle.

But the city dweller or the housewife is less fortunate. To them maturity brings a settled life, often a sedentary one, spent within the narrow confines of an office or a home. Under such conditions the continued indulgence in the rich fat-producing foods of youth levies its toll. Heavy layers of fat gradually extend over the tough, firm, abdominal muscles; rolls of fat distort the hip contours and distend the jaws into jowls, and before the unsuspecting heavy-eater is aware of the transition, the slim, graceful lines of youth are gone—perhaps forever.

This excess fat serves no useful purpose. It may be compared to a reserve food supply in the basement of a house to be drawn upon when the larder runs low and cannot be replenished. It is estimated that a thirty pound excess in the body fat amounts to approximately 90,000 calories, a supply which may be sufficient to sustain the body for a long time without any other food. If a person is in danger of being marooned on a desert island such a reserve of fat would be a definite asset but in the well-ordered existence of today such a possibility is remote, and the accumulated fat offers no advantage to compensate for its disfigurement of the body symmetry and its menace to the overweight's health.

The added weight becomes a burden on all of the organs of the digestive system and causes to descend on its victim a lassitude from which it is difficult to awaken. As the fat accumulates, exercise becomes more and more distasteful and finally is a real physical hardship for the fat-encased muscles degenerate into flabby flesh because of their inactivity and fail to respond except with pains and soreness. The automobile contributes its share to this physical decadence; the comfort of its deep cushions pampers the lethargy of obesity.

The Insurance Companies, the Physicians, all who have the health of our Countrymen in their charge, almost daily warn of the dangers of an obese condi-

tion. The kidneys, the heart, the pancreas—in fact all the vital organs of the body—are put under too great a strain by the added work of storing and transporting this unnecessary fat. The recent tremendous increase in deaths caused from heart ailments may be attributed, in part, to obesity.

Our experience tells us that men usually become concerned about their overweight condition only when their health is threatened by an ailment attributed to it. Women, in general, are more watchful of approaching fat because of the eternal feminine desire to appear slim, youthful, attractive.

But no matter what reason may stir the overweight sufferer into action, the time comes when he or she realizes the necessity for correcting this dangerous and repulsive condition. It is then that overweights should think of Ayds. The Ayds Vitamin Candy Reducing Plan is an aid in reducing weight because it makes reducing easier as well as pleasant.

Calorie-Definition

The energy developed by food is measured in calories, the scientists having defined a calorie as the amount of heat required to raise the temperature of one gram of water, one degree centigrade. This unit of heat measurement is applied to foods, and the number of calories in any food determines its fat-producing quality, and the types and portions of food having the greatest number of calories are the ones which produce the most fat in the human body.

Calories Needed per Day for Normal Individuals

The number of calories needed by a normal individual depends on age, weight and physical activities. The baby and growing child need more calories per pound per day than the adult, who supplies only his energy and repair needs. The old need still

less than the young adult. Naturally, the more active you are the more calories you need, for every movement of the body.

A Michigan lumberman, for example, working during the winter months, consumes from 5,000 to 8,000 calories per day. But they do a gigantic amount of hard physical work.

Calories Needed for Normal Weight

	Per Pound of body weight per day
Infants Require.....	40 - 50 Calories
Growing Children.....	30 - 40 Calories
Adults (varies as to activity).....	15 - 20 Calories
Old Age requires.....	15 or less Calories

MAN (daily)

At rest.....	1800 to 2000 Calories
Sedentary	2200 to 2800 Calories
Working	3500 to 4000 Calories

WOMAN (daily)

At rest.....	1600 to 1800 Calories
Sedentary occupations (Bookkeeper, for example) ..	1900 to 2200 Calories
Occupations which require standing, walking, or manual labor (housekeeping, for example)	2300 to 2500 Calories
Occupations requiring Strength (Laundress, for example)	2600 to 3000 Calories
Surprise: Mental work does not require added nourishment. It is the fidgeting around, the restless spending of energy accompanying thinking that uses up calories.	

NOW TO GET DOWN TO BUSINESS

- A. Determine your normal weight by this Rule or use table on following page.

Multiply number of inches over five feet in height, by $5\frac{1}{2}$; add 110. Example: if your height is five feet seven inches without shoes:

$$\begin{array}{r} 7 \times 5\frac{1}{2} = 38\frac{1}{2} \\ 110 \\ \hline 148\frac{1}{2} \end{array}$$

If under five feet multiply number of inches under five feet by $5\frac{1}{2}$ and subtract from 110. Example: If your height is four feet ten inches without shoes:

$$\begin{array}{r} 2 \times 5\frac{1}{2} = 12\frac{1}{2} \\ 110 \\ 12\frac{1}{2} \\ \hline 97\frac{1}{2} \end{array}$$

- B. Multiply normal weight by number of calories needed per pound daily.

If you weigh 200 or 125 pounds, for example, but by the rule for your height your weight should be 150 lbs.; then 150 would be the number you would use.

Adults require 15-20 C per pound per day, depending on activity. If you have no physical activity, take the lowest figure, 15. $150 \times 15 = 2250$. Therefore, your requirement, if your weight should be 150, is 2250 calories per day.

If you want to lose, cut down 500 to 1000 calories per day from that. 500 calories equal about 2 ounces of fat. 2 ounces per day would be about 4 pounds per month, or 48 pounds per year. Cutting out 1000 calories per day would equal a loss of about 8 pounds per month, or 96 pounds per year. You can definitely lose these pounds by having a knowledge of food values (calories) and regulating the food you eat.

Official Table of Weights for Women and Men

WOMEN		MEN	
Weight in Pounds (as ordinarily dressed)		Weight in Pounds (as ordinarily dressed)	
20-24	25-29	20-24	25-29
HEIGHT (with shoes on)		HEIGHT (with shoes on)	
30 and over	30 and over	30 and over	30 and over
113	116
115	118	119	124
117	120	121	126
120	122	124	128
123	125	127	131
126	129	131	134
129	132	135	138
133	136	139	142
137	140	142	146
141	144	146	150
145	148	150	154
149	152	154	158
153	155	158	163
157	159	163	169
...	...	168	175

It's Easy To Plan Low-Calorie Meals

Using the calories listed on the following pages, it's easy to make up your own menus with your individual calorie needs. Be careful however, not to choose only a few favorite foods; use as wide a variety of healthful foods as the budget permits to plan your menus.

Note: 1 cup represents 8 ounces.

BEVERAGES

Chocolate	Calories
Half Milk—Half Water..1 cup.....	150
All Milk.....1 cup.....	250
Cocoa	
Half Milk—Half Water..1 cup.....	130
All Milk.....1 cup.....	172
Coffee	
Black, unsweetened.....	0
Cola Beverages1 cup.....	100
Egg Nog1 cup.....	200
Fruit Punch1 cup.....	185
Ginger Ale1 cup.....	75
Kaffee Hag	
Plain.....	0
Lemonade1 cup.....	75
Malted Milk	
Chocolate.....1 cup.....	400
Plain.....1 cup.....	200
Ovaltine	
With skim milk.....1 cup.....	100
Postum, plain1 cup.....	0
Root Beer1 cup.....	100
Sarsaparilla $\frac{3}{4}$ cup.....	56

	Calories
Seltzer Water	0
Soda Water1 Glass.....	100
Tea	
Plain unsweetened.....1 Glass.....	0
With juice of ½ lemon and 1⅔ tspn. sugar....1 cup.....	116

BEVERAGES—Alcoholic

Malt Liquors

Ale, cream ale carb....1 cup.....	100
Bock Beer.....1 cup.....	135
Lager Beer.....1 cup.....	100
Porter, stout.....1 cup.....	150
Stock ale.....1 cup.....	150
Still ale.....1 cup.....	150
India ale.....1 cup.....	150
Weiss.....1 cup.....	55

Distilled Liquors

Absinthe.....cordial glass.....	50
Applejack.....brandy glass.....	75
Akvavit.....cordial glass.....	50
Arrac.....cordial glass.....	50
Bacardi Rum.....brandy glass.....	75
Bitters.....teaspoon	10
Brandy.....brandy glass.....	75-90
Creme Yvette.....cordial glass.....	65
Gin.....brandy glass.....	75
Kirschwasser.....cordial glass.....	50

Whiskies

Bourbon, Irish Rye.....brandy glass.....	85
Scotch.....brandy glass.....	75

Liqueurs and Cordials

Annisette.....cordial glass.....	80
Benedictine.....cordial glass.....	80
Chartreuse.....cordial glass.....	75
Creme de Cocoa.....cordial glass.....	50
Creme de Menthe.....cordial glass.....	70

Curacao.....	cordial glass.....	60
Kummel.....	cordial glass.....	50
Maraschino.....	cordial glass.....	75
Swedish Punch.....	cordial glass.....	60
Rum.....	brandy glass.....	75
Sloe Gin.....	brandy glass.....	75
Vodka.....	cordial glass.....	65

Miscellaneous

Cider, sweet.....	1 cup.....	100
Cider, hard.....	wine glass.....	40
Grenadine syrup.....	cordial glass.....	50
Maraschino Cherry Juice	teaspoon	7
Raspberry syrup.....	cordial glass.....	50
(Cordial glass — 1¼ tablespoons; Brandy glass 2 tablespoons)		

NOTE: The full value of mixed drinks and cocktails depends on the kinds and amounts of materials used in their composition. The calorie content must be judged accordingly.

Wines

Domestic		Calories
Calif. Red Wines.....	1 wine glass.....	75
Calif. White Wines.....	1 wine glass.....	75
Calif. Sauterne.....	1 wine glass.....	90
Champagne.....	1 wine glass.....	90
Catawka.....	1 wine glass.....	140
Muscatel.....	1 wine glass.....	165
Port.....	1 wine glass.....	165
Sherry.....	1 wine glass.....	140
European		
Bordeaux.....	1 wine glass.....	80
Champagne, dry.....	1 wine glass.....	85
Champagne, sweet.....	1 wine glass.....	120
Claret.....	1 wine glass.....	60
Madeira.....	1 wine glass.....	110
Moselle.....	1 wine glass.....	60
Rhine.....	1 wine glass.....	70
Sauterne.....	1 wine glass.....	80
Malaga.....	1 wine glass.....	155

Marsala.....	1 wine glass.....	110
Port Wine.....	1 wine glass.....	130
Sherry, moderately dry.	1 wine glass.....	120
Tokay.....	1 wine glass.....	120
Vermouth, French.....	1 wine glass.....	110
Vermouth, Italian.....	1 wine glass.....	175
Standard wine glass holds $\frac{1}{3}$ cup or 6 tablespoons.		

BREADS, CRACKERS, MUFFINS, ROLLS

Breads		Calories
Bran.....	1 thin slice.....	52
Corn.....	3"x4"x $\frac{1}{2}$	130
Gluten.....	3"x2"x $\frac{3}{4}$	40
Graham.....	1 thin slice.....	52
Melba Toast.....	1 thin slice.....	25
Raisin.....	1 slice.....	75
Rye.....	1 thin slice.....	50
White.....	1 thin slice.....	52
Whole Wheat.....	1 thin slice.....	52
Biscuits		Calories
Baking Powder.....	1 large or 2 small....	100
Plain.....	1 large or 2 small....	100
Crackers		Calories
Cheese Straws.....	3.....	100
Croutons, Toasted.....	12- $\frac{1}{2}$ " cubes.....	50
Graham.....	3.....	100
Oatmeal.....	1.....	25
Oyster Crackers.....	24.....	100
Pretzels.....	5.....	100
Rusk.....	1.....	50
Rye Crisp.....	3.....	50
Rye Wafers.....	1.....	28
Saltines.....	1 Double.....	40
Soda Crackers.....	1.....	25
Swedish Health Bread...	1 square.....	35
Zweiback.....	1.....	35
Muffins, Rolls		Calories
Almond Coffee Cake...	small piece.....	175
Blueberry Muffin.....	1.....	110

Boston Brown Bread....	1 slice.....	100
3 in. diam., $\frac{3}{4}$ thick		
Bran Muffin.....	1	50
Cinnamon Roll.....	1	150
Corn Muffin.....	1 large.....	100
French Hard Roll.....	1 small.....	80
French Toast.....	1 slice.....	130
Gingerbread.....	1 slice.....	150
One Egg Muffin.....	1	132
Parker House Roll.....	1	100
Popovers.....	1	80
Scones.....	1	130
Sweet Rolls (average)...	1	120
Whole Wheat Muffin...	1	133

CANDIES

Calories

Ayds	1 piece	25
-------------------	---------------	----

Bon Bons	1	100
-----------------------	---------	-----

Caramels

Chocolate with nuts....	1	100
-------------------------	---------	-----

Plain.....	1	80
------------	---------	----

Cherries

Candied.....	10	100
--------------	----------	-----

Chocolate Bars (5c Size)

Nut.....	1	400
----------	---------	-----

Plain.....	1	350
------------	---------	-----

Chocolate Creams	1	100
------------------------------	---------	-----

Chocolate Fudge	1 piece $1\frac{1}{2}$ "x $\frac{3}{4}$ "x1"...	100
------------------------------	---	-----

Chocolate, Sweet Milk	1 piece $2\frac{1}{4}$ "x1"x $\frac{1}{8}$ "...	100
------------------------------	---	-----

Divinity Fudge	1 piece $1\frac{1}{2}$ "x $\frac{3}{4}$ "x1"...	100
-----------------------------	---	-----

Fruits.....	1	50
-------------	---------	----

Ginger

Candied.....	2 pieces.....	30
--------------	---------------	----

Gum-Drops.....	1 large.....	35
----------------	--------------	----

	5 small.....	25
--	--------------	----

Marshmallows.....	5	100
-------------------	---------	-----

Mints.....	5 very small.....	7
------------	-------------------	---

Molasses Kisses.....	1	35
----------------------	---------	----

Nougats.....	1	50
--------------	---------	----

Peanut Brittle.....	1 piece $1\frac{1}{2}$ "x $\frac{3}{4}$ "x1"...	50
---------------------	---	----

Peppermint Patty

Chocolate.....	1	375
Plain.....	1	50
Peppermint Stick.....	1	125

Popcorn

Balls.....	1 medium.....	125
Crackerjack.....	1 box.....	250
Plain.....	1 cup.....	65
Praline	1	300
Saltwater Taffy.....	1 small piece.....	20
Sour Balls.....	2	25

Toffee

Coffee.....	1	20
English.....	1	25
Gum.....	1 stick	9

CEREALS

*(Calories listed are for prepared cereals
ready to serve).*

		Calories
All Bran Flakes	1 cup	100
Corn Flakes.....	1 cup.....	132
Corn Meal.....	$\frac{1}{2}$ cup.....	75
Cracked Wheat.....	$\frac{1}{2}$ cup.....	100
Cream of Wheat.....	$\frac{3}{4}$ cup.....	100
Farina.....	$\frac{3}{4}$ cup.....	100
Grape Nuts.....	$\frac{1}{4}$ cup.....	100
Hominy Grits.....	$\frac{4}{5}$ cup.....	100
Oatmeal.....	$\frac{3}{4}$ cup.....	100
Pettijohn.....	$\frac{1}{2}$ cup.....	90
Puffed Rice.....	1 cup.....	100
Ralston.....	$\frac{1}{2}$ cup.....	100
Rice, white.....	$\frac{3}{4}$ cup.....	100
Rolled Oats.....	$\frac{1}{2}$ cup.....	100
Scotch Oatmeal.....	$\frac{1}{2}$ cup.....	100
Shredded Wheat Biscuit	1 cup.....	50
Triscuits.....	2	100

COCKTAILS

(with sauce)

Bluepoints, raw.....	6	75
Cherrystone Clams.....	6	75
Crabmeat.....	1/2 cup	100
Fruit.....	1/2 cup	80
Lobster.....	1/2 cup	100
Oysters.....	1/2 cup	100
Shrimp.....	1/2 cup	100

CONDIMENTS

Calories

A-1 Sauce.....	1 tblsp.	10
Catsup, tomato.....	1 tblsp.	10
Creole Sauce.....	1/2 cup	200
Cucumber Pickles.....	1/2 cup	25
Horseradish.....	1 tspn.	6
Mustard.....	1 tspn.	10
Olives, green or ripe...5	50
Tartar Sauce.....	1 tspn.	150
Worcestershire Sauce...1	tspn.	8

GRAVIES

Calories

Thick or thin.....	2 tblspn.	100
--------------------	-----------	-------	-----

JELLIES

Apple Butter.....	1 tblspn.	75
Cranberry.....	1 tblspn.	50
Fruit Jellies.....	1 3/4 tblspn.	100
Jams.....	1 3/4 tblspn.	100
Marmalades.....	1 tblspn.	100
Peanut Butter.....	1 tblspn.	100
Preserves.....	1 3/4 tblspn.	100

SAUCES

Hollandaise.....	1 Tbls.	100
Lemon Sauce.....	3 Tbls.	60
White Sauce.....	1/2 cup	200

SWEET SAUCES

Caramel	3 tblspns.	60
with corn starch.....			
Cherry, foamy.....	1 tblspn.	100

Chocolate		
with corn starch.....1	tblspn.....	100
Fruit, with corn starch..1	tblspn.....	100
Hard Sauce.....1	tblspn.....	400
Maple, with Corn Starch 1	tblspn.....	100
Marshmallow		
with corn starch.....1	tblspn.....	100
Wine Sauce.....3	tblspns.....	60

SYRUPS

Calories

Corn.....1	tblspn.	50
Honey, comb	1 tblspn.	50
Honey, strained	1 tblspn.	50
Maple	1½ tblspns.	60
Molasses	1 tblspn	40

DAIRY PRODUCTS

Calories

Butter.....1	square 1¼"x1¼"x¼".....	73
Cheese.....1	level tblspn.....	100
American.....1	tblspn., grated dry... 20	
	1 cube, 1⅛".....	100
	1 tblspn., grated fresh..	35
Brie.....1	cube.....	100
Camembert.....1	sec., 1¾"x1".....	100
Cottage.....1	rounded tblspn.....	30
	½ cup.....	100
Cream.....½	cake, 1"x2"x1".....	125
	1 tblspn.....	50
Edam.....1	scoop.....	150
Liederkrantz.....1	tblspn.....	200
Limberger.....1	cube.....	150
Neufchatel.....1	tblspn.....	50
Parmesan.....¼	cup.....	75
Roquefort.....1	portion.....	200
	1 piece, 2"x1"x¾".....	100
Swiss.....1	slice, 4½"x3¼"x⅛".....	100
Swiss Petite Gruyere...	section	150

Cream

Average.....	1	tblspn.....	30
Thick.....	1	tblspn.....	60
Whipped.....	1	heaping tblspn.....	50

Eggs**Calories**

Boiled.....	1	average size.....	80
Fried.....	1	with tspn. butter.....	110
Omelet.....	2	eggs.....	250
Poached.....	1	egg.....	80
Scrambled.....	1	with 2 tblspns. milk and 1 tblspn. butter..	200

Egg White.....	1	14
Egg Yolk.....	1	56

Milk

Buttermilk.....	1	cup.....	88
Condensed, sweet.....	3	tblspns.....	200
		$\frac{1}{2}$ cup.....	515
Condensed, unsweet....	3	tblspns.....	100
Evaporated, unsweet....	$4\frac{1}{2}$	tblspns.....	100
		$\frac{1}{2}$ cup.....	160
Malted, dry.....	1	tblspn.....	100
Skimmed.....	1	cup.....	88
Top.....	$\frac{1}{2}$	cup.....	220
Whole.....	1	cup.....	170
Oleomargarine.....	1	level tblspn.....	100
Yeast.....	1	cake.....	20
Yogurt.....	1	pint.....	68

DESSERTS**Calories****Cake with icing**

Angel Food.....	average slice.....	150
Caramel.....	average slice.....	275
Chocolate, 2 layers....	average slice.....	350
Chocolate, loaf.....	average slice.....	150
Cocoanut.....	average slice.....	250
Coffee.....	1 square, $1\frac{1}{2}$ ".....	100
Cup, plain.....	1.....	100
Devil's Food.....	average slice.....	250
Doughnuts, French.....	1 average.....	350
Doughnuts, Plain.....	1 average.....	200

Fruit.....	average slice.....	350
Ginger, Bread, hot water.....	average slice.....	200
Ginger, Cake.....	average slice.....	200
Gold.....	average slice.....	150
One-Egg.....	average slice.....	100
Pound.....	average slice.....	175
Shortcake, with fruit....	average slice.....	300
Sponge.....	average slice.....	100
Sunshine.....	average slice.....	100
Washington Cream.....	average slice.....	200

Cookies

Calories

Brownie.....	1, 2" x 2" x 1/2"	100
Chocolate.....	1	125
Date.....	1	50
Drop.....	1, 2" diameter.....	100
Fig Newton.....	1	65
Ginger.....	1	50
Hermit.....	1	50
Honey.....	1	50
Ice Box.....	1	150
Macaroon, Almond.....	1	50
Macaroon, Coconut.....	1	100
Nabisco.....	1	25
Oatmeal.....	1	50
Petits Fours.....	1	150
Shortbread.....	1	100
Ladyfingers.....	1 very small piece.....	50

Ice Cream

Butterscotch,		
marshmallow.....	1/2 cup.....	500
Chocolate.....	1/2 cup.....	250
Chocolate Sundae.....	1/2 cup.....	400
Fruit Mousse.....	1/2 cup.....	350
Fruit Sundae.....	1/2 cup.....	400
Maple Mousse.....	1/2 cup.....	400
Nesselrode Pudding....	1/2 cup.....	500
New York.....	1/2 cup.....	125
Sodas, all flavors.....	1 glass.....	350
Vanilla, plain.....	1/2 cup.....	100

Ices		Calories
Lemon.....	1/2 cup.....	110
Orange.....	1/2 cup.....	110
Pineapple.....	1/2 cup.....	125
Raspberry.....	1/2 cup.....	110

Pastries

Chocolate Eclair.....	1 small.....	150
Cream Puffs.....	1 small.....	250
Custard Puffs.....	1 small.....	200
French Pastries.....	1 small.....	250
Kisses, plain.....	1 small.....	50
Marguerites.....	1 small.....	50
Tarts, jelly.....	1 small.....	150

Pies

Apple.....	1 wedge, 1/6 of pie...	350
Apricot.....	1 wedge, 1/6 of pie...	350
Banana Cream.....	1 wedge, 1/6 of pie...	250
Berry, all.....	1 wedge, 1/6 of pie...	350
Butterscotch.....	1 wedge, 3" cut.....	350
Cherry.....	1 wedge, 1/6 of pie...	350
Cocoanut Custard.....	1 wedge, 1/6 of pie...	350
Custard	1 wedge, 1/6 of pie....	250
Lemon Meringue.....	1 wedge, 1/6 of pie...	200
Peach.....	1 wedge, 1/6 of pie...	350
Pumpkin	1 wedge, 1/6 of pie.....	300
Prune.....	1 wedge, 1/6 of pie...	220
Raisin.....	1 wedge, 1/6 of pie...	400
Rhubarb.....	1 wedge, 1/6 of pie...	350

Puddings

Apple Dumpling.....	1 medium.....	300
Apricot Whip.....	1/2 cup.....	100
Banana Custard with		
Meringue.....	1/2 cup.....	135
Banana Whip.....	1/2 cup.....	60
Blanc Mange, Chocolate	1/2 cup.....	200
Bread.....	1/2 cup.....	150
Brown Betty.....	1/2 cup.....	200
Charlotte Russe.....	1 cup.....	250
Corn Starch.....	1/2 cup.....	150

Custard

Caramel.....	1/2 cup.....	150
Plain.....	1/2 cup.....	100
Floating Island.....	1/2 cup.....	150
Fruit Gelatin.....	1/2 cup.....	60

Gingerbread

Hot Water.....	2x2x4 in.....	190
Sour Milk.....	2x2x4 in.....	200
Jello, all.....	1 cup.....	75
Junket.....	1/2 cup.....	100
Plum, no sauce.....	1/2 cup.....	125
Prune Whip.....	1/2 cup.....	100
Rice.....	1/2 cup.....	150
Snow.....	2/3 cup.....	100
Tapioca.....	1/2 cup.....	200

FISH AND SEAFOODS

(Boiled or broiled, add calories for butter if fried.)

Abalone Steak.....	average help.....	40
Bass.....	average help.....	100
Bluefish.....	average help.....	85
Caviar.....	1 tblspn.....	100
Clams.....	8 average.....	100

Cod

Balls.....	2 small	100
Cakes.....	1-2" diam.....	125
Creamed.....	1/2 cup.....	150
Steak, cooked.....	average help.....	135

Crab

Canned.....	1/2 cup.....	75
Cracked.....	1 medium.....	100
Soft Shell.....	2	150
Finnan Haddie.....	average help.....	100
Creamed.....	1/2 cup.....	100
Flounder.....	1 portion.....	100
Frog Legs.....	2	50
Haddock.....	average help.....	100
Halibut.....	average help.....	115

Lobster

Canned.....	1/2 cup.....	65
Fresh.....	1/2 cup.....	125

Mackerel

Fresh.....	average help.....	110
Salt.....	average help.....	66
Muskellunge.....	average help.....	100
Mussels.....	9	50
Oysters.....	1/3 cup.....	50
Oysters, escalloped.....	6 large.....	250
Oysters, fried.....	2	60
Perch.....	3 medium.....	80
Pickrel.....	average help.....	100
Pike.....	average help.....	100
Red Snapper.....	average help.....	100

Salmon

Canned.....	1/2 cup.....	100
Fresh.....	1 slice.....	100
Sand Dabs.....	2	50
Sardines.....	4, 3" long.....	100
Scallops.....	6 large.....	100
Shad.....	average help.....	100
Roe.....	average help.....	100
Shrimps.....	10	50
Smelts.....	2	100
Sole.....	average help.....	100
Sword Fish.....	average help.....	130

Trout

Brook.....	2	75
Lake.....	average help.....	125

Tuna

Canned.....	1/2 cup in oil.....	100
White Fish.....	average help.....	100

FLOUR FOODS

(Calories listed do not include butter or syrup)

Buckwheat cakes.....	1	150
Dumplings.....	1	100
Macaroni, cooked.....	3/4 cup.....	100

Macaroni and cheese...	$\frac{3}{4}$ cup.....	280
Noodles, cooked.....	$\frac{1}{2}$ cup.....	60
Pancakes		Calories
French.....	1	200
Plain.....	1	100
Waffles.....	1	225

FOWL

Chicken

Broiler.....	$\frac{1}{2}$ medium.....	100
Creamed.....	$\frac{1}{4}$ cup.....	100
Fried.....	1 small thigh or leg....	200
	1 piece breast.....	150
Roast.....	white meat, 3 slices	
	$3\frac{1}{2}$ "x $2\frac{1}{2}$ "x $\frac{1}{4}$ "	100
	dark meat, 3 slices	
	$3\frac{1}{2}$ "x $2\frac{1}{2}$ "x $\frac{1}{4}$ "	150
Duck, roast.....	1 piece.....	300
Goose, roast.....	1 piece.....	300
Pheasant, roast.....	1 piece.....	200
Squab.....	1 small.....	300
Turkey, roast.....	1 slice white meat	
	4 x 2 x $\frac{1}{4}$ "	100
	1 slice dark meat	
	4 x 2 x $\frac{1}{4}$ "	125

FRUIT

Apple

Raw.....	average size.....	50
Baked, without sugar...	1	50
Baked, with 2 tbs. sugar	1	75
Sauce.....	$\frac{1}{2}$ cup.....	65

Apricots

Fresh.....	3	51
Canned, with juice.....	5	125
Dried.....	.5 halves.....	50
Stewed, with juice,		

Unsweetened.....	$4\frac{1}{2}$	50
------------------	----------------------	----

Avocado	$\frac{1}{2}$ medium.....	300
----------------------	---------------------------	-----

Banana	1 medium.....	100
---------------------	---------------	-----

Blackberries		Calories
Fresh.....	1 cup.....	112
Canned.....	1/2 cup.....	150
Blueberries		
Fresh.....	1 cup.....	100
Canned.....	1/2 cup.....	100
Cantaloupe	1/2-5" diameter.....	50
Balls.....	1 cup.....	50
Citron		
Dried.....	1 medium piece.....	100
Cherries		
Fresh.....	10	55
Stoned.....	1/2 cup.....	40
Canned.....	1/2 cup.....	100
Crab Apples		
Spiced.....	1	50
Cranberries		
Sauce.....	1/2 cup.....	100
Currants		
Cooked.....	1/2 cup.....	100
Dried.....	1/2 cup.....	200
Fresh.....	3/4 cup.....	51
Dates3 to 4.....	100
Figs		
Dried.....	.2	138
Fresh.....	.3 small.....	100
Gooseberries		
Cooked.....	1/2 cup.....	100
Grapes		
Tokay.....	1/2 cup.....	75
Concord.....	3/4 cup.....	100
Malaga.....	26	100
Grapefruit		
Unsweetened	1/2	50
Lemons	1 medium.....	46
Loganberries		
Canned.....	1/2 cup.....	100
Fresh.....	1 cup.....	100

Melons		Calories
Casaba.....	$\frac{1}{8}$	100
Honeydew.....	$\frac{1}{6}$	50
Persian.....	$\frac{1}{6}$	50
Nectarines2 small.....	100
Oranges	1 average size.....	80
	1 cup, small pcs.	100
Peaches		
Canned.....	2 Hlvs. with Juice.....	100
Fresh.....	1 Lg.....	50
Spiced.....	1	150
Pears		
Canned.....	3 Hlvs. with Juice.....	100
Fresh.....	1	70
Spiced.....	1	150
Pineapple		
Canned.....	2 Slices with Juice.....	100
Crushed.....	$\frac{1}{4}$ cup Shredded.....	100
Fresh.....	2 Slices—1" Thick.....	50
Plums		
Canned—with juice.....	4	200
Fresh.....	4	120
Pomegranate	1	50
Prunes		
Dried.....	4	100
Stewed—with juice.....	4	200
Raisins	$\frac{1}{4}$ cup.....	100
Raspberries		
Canned.....	$\frac{1}{2}$ cup.....	100
Fresh.....	$\frac{1}{2}$ cup.....	50
Rhubarb		
Canned.....	$\frac{1}{2}$ cup.....	100
Fresh.....	1 cup—1" Pieces.....	20
Stewed.....	$\frac{1}{2}$ cup.....	100
Strawberries		
Canned.....	$\frac{1}{2}$ cup.....	100
Fresh.....	1 cup.....	78

Tangerines	1	35
Watermelon	1½ lbs.	100
	Large slice	15

JUICES

Calories

Clam juice	½ cup	60
Grape juice	½ cup	70
Grapefruit juice	1 cup—unsweetened	...	100
Kraut juice	½ cup	20
Lemon juice	½ cup	40
	1 tblspn	5
Lime juice	1 tblspn	10
Orange juice	½ cup	55
Pineapple juice	½ cup	65
Pomegranate juice ...	½ cup	50
Tomato juice	½ cup	25

MEAT

(Boiled or broiled. Add calories for fats if fried.)

Bacon

Crisp	4 slices	100
--------------------	----------	-------	-----

Beef

Corned, boiled	1 slice, 4"x1"x1"	100
Corned, hash	½ cup	100
Dried	3 slices, 4"x5"x thin	50
Dried, creamed	½ cup	125
Hamburger	1 Patty	200
Heart	1 Medium Piece	100
Liver	1 slice, 2"x3"x½"	100
Pot Roast—lean	1 slice, 4¾"x3½"x⅛"	100
Rib Roast—lean	1 slice, 5"x2½"x¼"	...	100
Rib Roast—med. fat	1 slice—¼" thick	340
Round Steak—lean	1 slice, 3"x1"x1"	100
Sirloin Steak	1 piece, 2"x1½"x¾"	..	100
Stew	1 cup	300
Swiss Steak	1 piece, 4"x1"x½"	100
Tenderloin	1 Small	250
Tongue	2 small pieces	75

Brains

Calves	⅔ cup	100
---------------------	-------	-------	-----

Ham		Calories
Boiled.....	1 slice—no fat.....	100
Fried.....	1 piece.....	200
Hocks.....	1	250
Smoked—med. fat.....	1 slice, 4½" x 4½" x ¼"	400
lean.....	1 slice, 4¾" x 4" x ⅛"	100
Kidney		
Beef or Veal.....	1—5"	250
Lamb		
Chop.....	1 medium.....	100
Roast.....	1 slice, 3½" x 4½" x ⅛"	100
Meat Balls	1 large.....	150
Meat Loaf	1 slice.....	150
Mutton		
Boiled—lean.....	1 slice.....	125
Chop—lean.....	1 small.....	150
Roast.....	1 slice, 3½" x 4½" x ⅛"	125
Pigs Feet		
Pickeld.....	1 small.....	100
Pork		
Chop—lean.....	1 medium.....	200
Roast.....	1 slice.....	170
Salt.....	1 small piece.....	100
Spareribs.....	1 piece—4 ribs.....	150
Tenderloin.....	1	200
Sausage		
Bologna.....	2 slices.....	100
Cervelat.....	2 slices.....	100
Frankfurter.....	1 small.....	100
	1 large.....	150
Head Cheese.....	1 medium slice.....	100
Liverwurst.....	1 slice.....	100
Pork Sausage, links....	2 average.....	100
meat.....	1 patty.....	150
Salami.....	2 slices.....	100
Summer.....	4 slices.....	100

Sweetbreads	Calories
Broiled.....2	75
Creamed..... $\frac{1}{2}$ cup.....	125

Tripe

Broiled.....average helping.....	150
----------------------------------	-----

Veal

Cutlet—broiled.....1 medium.....	100
Cutlet—lean & breaded 1 medium.....	200
Roast.....1 slice, 2"x2 $\frac{3}{4}$ "x $\frac{1}{8}$ "...	100
Steak.....1 small piece.....	100
Stew.....1 cup.....	200
Venison1 slice.....	150
Wienerschnitzel1 slice.....	300

Almonds

NUTS

Plain.....12 to 15.....	100
Salted.....10	100

Brazil

Large.....2	100
-------------------	-----

Cashew4 to 5.....	100
--------------------------------	-----

Chestnuts7	100
-------------------------------	-----

Cocoanut

Shredded.....3 tblspn.....	100
----------------------------	-----

Filberts8 to 10.....	100
-----------------------------------	-----

Hazel10 to 12.....	100
---------------------------------	-----

Hickory12	100
------------------------------	-----

Peanuts

Chopped.....2 tblspn.....	100
---------------------------	-----

Roasted—double.....12	100
-----------------------------	-----

Salted.....18	100
---------------------	-----

Pecans

Halves.....12	100
---------------------	-----

Pine12	100
---------------------------	-----

Pistachio12	100
--------------------------------	-----

Walnuts

Halves.....10	100
---------------------	-----

SALADS

(Without dressing)

Asparagus Tipsaverage helping.....	32
---	----

Avocado	average	helping.....	110
Cabbage, Celery,			
Pineapple	average	helping.....	70
Cabbage Slaw	average	helping.....	35
Chicken	average	helping.....	130
Combination			
Fruit	average	helping.....	110
Vegetable	average	helping.....	90
Crabmeat	average	helping.....	90
Egg	average	helping.....	125
Egg			
Deviled	average	helping.....	150
Egg and Tomato	average	helping.....	85
Endive	average	helping.....	35
Endive and Grapefruit	average	helping.....	85
Fruit			
Gelatin	average	helping.....	110
Herring	average	helping.....	175
Lobster	average	helping.....	150
Pineapple and Cheese	average	helping.....	100
Potato	average	helping.....	220
Salmon	average	helping.....	200
Shrimp	average	helping.....	65
Tomato and Cucumber	average	helping.....	35
Tomato and Lettuce ...	average	helping.....	35
Tomato—Stuffed			
Avocado Pear	average	helping.....	110
Chicken	average	helping.....	130
Cottage Cheese	average	helping.....	75
Crab	average	helping.....	105
Lobster	average	helping.....	90
Shrimp	average	helping.....	85
Waldorf	average	helping.....	100

SALAD DRESSINGS, OILS

(See recipe for diet dressing.)

Bacon Fat	1	tblspn.....	135
Boiled Dressing	1	tblspn.....	50
Chicken Fat	1	tblspn.....	115
Codliver Oil	1	tblspn.....	100

Cottonseed Oil	1	tblspn.....	100
Cream Dressing	1	tblspn.....	50
French Dressing	1	tblspn.....	75
French Diet Dressing ..	1	tblspn.....	25
Halibut Oil	1	tblspn.....	100
Lard	1	tblspn.....	100
Mayonnaise	1	tblspn.....	100
Mayonnaise Diet			
Dressing	1	tblspn.....	50
Mineral Oil			xxx
Olive Oil	1	tblspn.....	100
Roquefort Dressing ...	1	tblspn.....	250
Russian Dressing	1	tblspn.....	75
Thousand Island	1	tblspn.....	175
Thousand Island Diet ..	1	tblspn.....	75
Vinegar	average use		xxx
Viosterol			xxx

Diet Dressing

$\frac{2}{3}$ c. Mineral Oil
 $\frac{1}{3}$ c. Vinegar
1 teas. Salt
Pepper
1½ t. Paprika
2 or 3 Beads Garlic (halved)
Pour ingredients into jar with
tight cover. Shake well to mix.

SOUPS AND CONSOMMES

(Consommé chilled—add 25C.)

Asparagus

Creamed.....1 cup.....180

Bean

Navy.....1 cup.....200

Beef Broth.....1 cup.....50

Bouillon

Clear.....1 cup.....25

Celery

Creamed.....1 cup.....150

Clam Consommé.....1 cup.....50

Chowder.....1 cup.....250

Clear Consommé	1 cup.....	25
Chicken		
Clear.....	1 cup.....	50
With Rice.....	1 cup.....	100
Corn		
Creamed.....	1 cup.....	200
Lentil	1 cup.....	250
Mock Turtle	1 cup.....	250
Mulligatawny	1 cup.....	140
Mushroom		
Creamed.....	1 cup.....	200
Onion		
Creamed.....	1 cup.....	200
French.....	1 cup.....	150
Oxtail	1 cup.....	155
Oyster Stew		
Milk.....	1 cup.....	150
½ Cream.....	1 cup.....	200
Pea		
Creamed.....	1 cup.....	200
Split.....	1 cup.....	200
Pepperpot	1 cup.....	180
Potato		
Creamed.....	1 cup.....	275
Spinach		
Creamed.....	1 cup.....	200
Tomato		
Clear.....	1 cup.....	50
Creamed.....	1 cup.....	230
With Skimmed Milk.....	1 cup.....	100
Vegetable	1 cup.....	100

SUGARS

Beet	1 teaspoon.....	25
Brown	1 teaspoon.....	17
Cane		
Granulated.....	1 teaspoon.....	25
Loaf.....	1 piece, 1 1/8" x 3/4" x 3/8"	25
Powdered.....	1 tablespoon.....	36

Maple	1 piece, 1 $\frac{3}{4}$ "x1 $\frac{1}{4}$ " $\frac{1}{2}$ "	100
	1 tablespoon.....	10

VEGETABLES

(Calorie count below does not
include butter or cream sauce.)

Artichokes	1	150
-------------------------	---	-----

Asparagus

Canned.....	6 stalks.....	50
Fresh.....	8 stalks.....	18
Tips.....	$\frac{1}{2}$ cup.....	30
Bamboo Shoots	$\frac{1}{2}$ cup.....	25

Beans

Canned Baked.....	$\frac{1}{2}$ cup.....	129
Home Baked.....	$\frac{1}{2}$ cup.....	300
Kidney, Canned.....	$\frac{1}{2}$ cup.....	100
Kidney, Dried.....	$\frac{1}{8}$ cup.....	87
Lima.....	$\frac{1}{2}$ cup.....	100
Lima, Dried.....	$\frac{1}{2}$ cup.....	275
Navy.....	$\frac{1}{2}$ cup.....	160
String.....	1 cup.....	25
Wax.....	1 cup.....	25

Beets

Cooked.....	$\frac{1}{2}$ cup.....	45
Greens.....	$\frac{1}{2}$ cup.....	30
Pickled.....	6 slices.....	25

Broccoli	1 cup.....	42
-----------------------	------------	----

Brussel Sprouts	6	48
------------------------------	---	----

Cabbage

Cooked.....	1 cup.....	25
Raw.....	1 cup.....	25

Carrots

Cooked.....	$\frac{1}{2}$ cup.....	35
Fresh, Grated.....	1 cup.....	60
Raw.....	4 medium.....	30

Cauliflower	1 cup.....	30
--------------------------	------------	----

Celery	6 stalks.....	15
---------------------	---------------	----

Chard

Cooked.....	1 $\frac{1}{2}$ cups.....	95
-------------	---------------------------	----

Corn

Canned.....	1/2 cup.....	100
On Cob.....	1 ear—6".....	60
Popped.....	1 1/2 cups.....	100
Cucumber	12 slices.....	10
Dandelion Greens	1 1/4 cups.....	50

Eggplant

Fried.....	1 slice.....	50
------------	--------------	----

Endive	5 pieces.....	60
---------------------	---------------	----

Kale

Cooked.....	1 cup.....	45
-------------	------------	----

Kohlrabi	1 cup.....	50
-----------------------	------------	----

Leek	1.....	10
-------------------	--------	----

Lettuce	1 large head.....	50
	average head.....	10

Mushrooms

Buttons.....	1 cup.....	25
--------------	------------	----

Canned.....	1/2 cup.....	85
-------------	--------------	----

Fresh.....	25—1" diameter.....	100
------------	---------------------	-----

Okra	7 pods.....	25
-------------------	-------------	----

Onions

Fried.....	1/4 cup.....	75
------------	--------------	----

Green, Raw.....	5 medium.....	10
-----------------	---------------	----

Spanish.....	1 medium.....	50
--------------	---------------	----

Stewed.....	1/2 cup.....	50
-------------	--------------	----

White, Chopped.....	1/2 cup.....	75
---------------------	--------------	----

Parsley	1 bunch.....	25
----------------------	--------------	----

Parsnips

Cooked.....	1/2 cup cubes.....	65
	1—2" diameter at top..	100

Peas

Canned.....	1/2 cup.....	55
-------------	--------------	----

Dried, Split.....	2 tblspn.....	100
-------------------	---------------	-----

Fresh.....	1/2 cup.....	75
------------	--------------	----

Peppers

Green.....	1 whole.....	20
------------	--------------	----

Potatoes

Au Gratin.....	1/2 cup.....	200
Baked.....	1 medium.....	100
Boiled.....	2 small.....	100
Chips.....	1/4 cup.....	100
Creamed.....	1/2 cup.....	150
Escalloped.....	1/2 cup.....	150
French Fried.....	4 pieces.....	100
Fried.....	4 slices.....	100
Hashed Brown.....	1/3 cup.....	100
Mashed.....	1/2 cup.....	100
Sweet, Baked.....	1 small.....	150
Yam.....	1 medium.....	200
Pumpkin	1 cup.....	70
Radishes	5	15

Rhubarb

Canned.....	1/2 cup.....	100
Fresh.....	1 cup—1" pieces.....	20
Stewed.....	1/2 cup.....	100
Rutabagas	1/2 cup.....	30

Spinach

Plain.....	1 cup.....	40
------------	------------	----

Squash

Hubbard, Mashed.....	1/2 cup.....	50
Summer, Mashed.....	1/2 cup.....	25
Succotash	1/2 cup.....	150

Tomatoes

Canned.....	1 cup.....	50
Raw.....	1	35
Stewed.....	1/2 cup.....	65

Turnips

Chopped.....	3/4 cup.....	35
Mashed.....	1/2 cup.....	50
Watercress	1 bunch.....	20

HOW TO WATCH YOUR WEIGHT*

[illegible]

***Weigh yourself daily.** Usually after elimination, following breakfast, is the best time. Use the same scale daily.

****Use "+" for gain; use "-" for loss.**

Other products by Campana —

ITALIAN BALM Hand Lotion

Famous skin softening formula brought down from Canada many years ago. For hands, face, body.

SOLITAIR CAKE MAKE-UP

Applied with dampened sponge and water. Rich in lanolin. Guards and protects skin while you are wearing it. Gives glamorous complexion beauty for hours and hours.

SHEER MAGIC LIQUID MAKE-UP

A fluid beauty preparation that gives your face smooth, soft beauty with more than a touch of glamour.

MAGIC TOUCH CREAM MAKE-UP

Creamy, kind and smooth. Applied with the finger tips. For women who like the gentleness of a cream base.

DRESKIN COOLIES

These are little cotton flannel disks saturated with Dreskin cleansing lotion. Easy to use for freshening up at home or away.

PURSETTES TAMPONS

The only tampon on the world market with special patented melt-away lubricated tip. An absolute "must" for the modern minded girl when it comes to sanitary protection.

Trial sizes, at low cost, of all these products are available in leading drug stores thruout the country as well as in most 5¢ and 10¢ stores. Ask for them by name.

NOW—THERE IS AN
EASY WAY TO LOSE
WEIGHT!

Without Dieting!

Without Exercising!

**Without Drugs or
Medicine!**

Not a pill or capsule!

It's the

**AYDS CANDY
REDUCING PLAN!**



Simply eat AYDS CANDY before meals as directed. AYDS contain beneficial vitamins and minerals. AYDS curb your appetite. You eat less and automatically lose weight!

Comes in two convenient sized boxes
One month's supply
Two month's supply

For sale at all leading drug and department stores